



Suggested Gear Checklist

Car Camping Self-Supported Projects

- Feel free to bring whatever you need to work and live comfortably in the woods!
- Be prepared for all types of weather, regardless of the season.
- We'll be working hard out there, please bring more food and water than you might expect, and don't forget the salty snacks and electrolytes.
- Your crew leader may have gear suggestions based on the project and location. Please read any email correspondence carefully.
- More info on how to pack is available in the "Packing Tips" document on the Volunteer Recourses page. Please reach out to trails@idahotrailsassociation.org or your crew leader with any questions.

Provided by ITA

- Hardhats – required to bring and wear for trail work
- Extra gloves, extra eye protection
- Tools
- Group first aid kit
- Satellite communication device on longer projects – for project use only.

Provided by Volunteer

Clothing

- Please wear comfortable, yet durable clothing for work. Avoid cotton, and try to use synthetics or wool (wool and synthetics retain heat when wet, cotton does not)
- Check the weather but be prepared for everything! Wearing multiple layers is a good strategy for staying comfortable throughout the day.
- Boots MUST be well broken in to avoid blisters. But be careful about older boots too, the glue can wear out causing the sole to fall off.

- Sturdy work boots with ankle support, **not running shoes**
- 1-2 Long-sleeved work shirts
- Long work pants, **no leggings or shorts for project work**, please!
- Hiking socks to last the duration of the project.
- Long Johns or base layer
- Fleece or Sweater – mid layer
- Warm Jacket
- Rain Gear – Weather changes fast, **bring it every time**, no matter what the forecast says.
- Knit hat/gloves for warmth
- Enough underwear to last you the trip.
- Comfortable clothes for camp and sleeping in
- Closed-toed** camp shoes such as Crocs or light tennis shoes. Open toes at camp are a significant cause of injury on projects.

Project Gear

- Backpack/Day pack to carry food/water/layers to the work site.
- At least 2 liters of carrying capacity (More in hotter weather)
- Small personal water filter

We want you to be safe, prepared, and have fun! Please reach out if you have any questions!



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- Bandana/buff - use as a napkin or wear under a hard hat
- Sunscreen and Chapstick SPF 25 or higher
- Sun hat/baseball hat/visor
- Personal first aid kit
- Bathroom Kit - Trowel, toilet paper, Ziplock bags, hand sanitizer
- Work gloves
- Safety glasses and/or sunglasses
- Bug repellent
- Lunch container or Ziplock bags

Camping Gear

- Tent
- Sleeping bag (at least 30 deg or lower rating recommended)
- Sleeping pad
- Headlamp and extra batteries
- Camp Chair
- Personal medications/prescriptions, with a few days extra.
- Toiletries – toothbrush, toothpaste, hand sanitizer, camp towel, menstruation products, baby wipes, toilet paper
- Extra Water and/or means to purify water
- Cooking gear- Stove, fuel, cooking pot, lighter
- Plate, cup, bowl, and utensils
- Food, snacks, and drinks.
- Paper towels, garbage bags, soap

Optional

- Trekking Poles
- Creek crossing shoes
- Gaiters to keep rocks and brush out of shoes and keep shoes dry.
- Bug repellant or bug net
- Pocket knife or multitool
- Bathing suit and water shoes for swimming
- Camera, fishing pole, binoculars
- Cards, acoustic instruments, books, journal
- Repair Kit: Knife, duct tape, paracord
- Satellite communication device for personal check-ins
- Phone charger/battery pack
- Pillow/camp blanket
- Tarp or rain shelter
- Fire starter/firewood